



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01026, Cheese, mozzarella, whole milk

Report Date: June 22, 2017 11:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	50.01	--	0.118	49.75	50.52	5.0	49.705	50.314	1	Analytical or derived from analytical	--	03/2003
Energy	kcal	300	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1254	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein <sup>1</sup>	g	22.17	--	0.182	21.41	22.66	5.0	21.703	22.639	1	Analytical or derived from analytical	--	03/2003
Total lipid (fat) <sup>1</sup>	g	22.35	--	0.244	21.69	23.2	5.0	21.726	22.981	1	Analytical or derived from analytical	--	03/2003
Ash <sup>1</sup>	g	3.28	--	0.030	3.18	3.36	5.0	3.2	3.356	1	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	2.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	1.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Sucrose <sup>1</sup>	g	0.03	--	0.000	0	0.1	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.56	--	0.101	0	1.51	2.0	0.124	0.993	2	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Fructose <sup>1</sup>	g	0.15	--	0.000	0.15	0.15	--	--	--	1	Analytical or derived from analytical	--	01/2003
Lactose <sup>1</sup>	g	0.07	--	0.000	0	0.15	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Maltose <sup>1</sup>	g	0.08	--	0.000	0	0.3	--	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Galactose <sup>1</sup>	g	0.15	--	0.000	0.15	0.15	--	--	--	1	Analytical or derived from analytical	--	01/2003
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	505	--	2.838	494	512	5.0	498.155	512.745	1	Analytical or derived from analytical	--	03/2003
Iron, Fe <sup>1</sup>	mg	0.44	--	0.084	0.22	0.77	5.0	0.223	0.654	1	Analytical or derived from analytical	--	03/2003
Magnesium, Mg <sup>1</sup>	mg	20	--	0.154	20	21	5.0	19.922	20.712	1	Analytical or derived from analytical	--	03/2003
Phosphorus, P <sup>1</sup>	mg	354	--	2.581	348	363	5.0	347.131	360.402	1	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	76	--	2.206	71	86	5.0	70.146	81.487	1	Analytical or derived from analytical	--	03/2003
Sodium, Na <a href="#">1</a>	mg	627	--	11.119	600	677	5.0	598.867	656.033	1	Analytical or derived from analytical	--	03/2003
Zinc, Zn <a href="#">1</a>	mg	2.92	--	0.074	2.59	3.11	5.0	2.732	3.113	1	Analytical or derived from analytical	--	03/2003
Copper, Cu <a href="#">1</a>	mg	0.011	--	0.011	0	0.06	5.0	-0.016	0.037	1	Analytical or derived from analytical	--	03/2003
Manganese, Mn <a href="#">1</a>	mg	0.030	--	0.002	0.03	0.04	5.0	0.026	0.035	1	Analytical or derived from analytical	--	01/2003
Selenium, Se <a href="#">1</a>	µg	17.0	--	0.524	16.3	18	2.0	14.712	19.221	1	Analytical or derived from analytical	--	03/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Thiamin <a href="#">1</a>	mg	0.030	--	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	03/2003
Riboflavin <a href="#">1</a>	mg	0.283	--	0.002	0.28	0.29	5.0	0.278	0.289	1	Analytical or derived from analytical	--	03/2003
Niacin <a href="#">1</a>	mg	0.104	--	0.010	0.07	0.13	5.0	0.079	0.128	1	Analytical or derived from analytical	--	03/2003
Pantothenic acid <a href="#">1</a>	mg	0.141	--	0.004	0.14	0.15	2.0	0.125	0.157	1	Analytical or derived from analytical	--	01/2003
Vitamin B-6 <a href="#">1</a>	mg	0.037	--	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	03/2003
Folate, total <a href="#">1</a>	µg	7	--	0.000	7	7	--	--	--	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	0.000	7	7	--	--	--	1	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12 <sup>1</sup>	µg	2.28	--	0.064	2.01	2.47	5.0	2.116	2.447	1	Analytical or derived from analytical	--	03/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	179	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	174	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Carotene, beta	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	676	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	16	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	2.3	--	--	2.3	2.3	--	--	--	1	Analytical or derived from analytical	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	13.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
4:0	g	0.805	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
6:0	g	0.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
8:0	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
10:0	g	0.582	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
12:0	g	0.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
14:0	g	2.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:0	g	5.331	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:0	g	2.442	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total monounsaturated	g	6.573	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
16:1 undifferentiated	g	0.597	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	5.649	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fatty acids, total polyunsaturated	g	0.765	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:2 undifferentiated	g	0.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:3 undifferentiated	g	0.372	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cholesterol <sup>1</sup>	mg	79	--	3.649	67	94	5.0	69.843	88.605	1	Analytical or derived from analytical	--	03/2003
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <sup>2</sup>	g	0.983	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine <sup>2</sup>	g	1.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine <sup>2</sup>	g	1.826	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine <sup>2</sup>	g	0.965	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine <sup>2</sup>	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine <sup>2</sup>	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine <sup>2</sup>	g	1.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine <sup>2</sup>	g	1.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine <sup>2</sup>	g	1.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine <sup>2</sup>	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine <sup>2</sup>	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine <sup>2</sup>	g	0.707	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid <sup>2</sup>	g	1.633	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid <sup>2</sup>	g	4.458	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine <sup>2</sup>	g	0.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline <sup>2</sup>	g	2.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine <sup>2</sup>	g	0.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4a, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD